



WILMINGTON HEAD START, INC.

WWW.WILMHEADSTART.ORG

NOVEMBER, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Milk Rice Krispies Diced pears Milk Whole grain spaghetti w/tomato sauce Tossed salad Whole wheat roll Grapes	2 Milk Whole grain crackers Yogurt ½ Banana Milk Beef cheese steak Whole wheat roll Broccoli Tropical fruit	3 Milk Whole grain cinnamon raisin bread Butter Plum Milk Roast beef and cheese Kaiser roll Celery stick ½ apple	4 Milk Cheese stick Whole wheat crackers 100 % Apple juice Milk Turkey meatballs w/gravy Asparagus Whole wheat roll Pear	5 Milk Rice Krispies Blackberries Milk Honey bbq chicken Whole wheat roll Corn ½ Orange
8 Milk Special k Apple sauce Milk Beef meatball parmesan sandwich on whole wheat roll with spaghetti sauce Mozzarella cheese Green beans Raspberries	9 Milk Whole wheat English muffin Jelly Diced peaches Milk Chicken pot pie Mixed vegetables Whole wheat bread ½ Orange	10 Milk Whole wheat bagels Cream cheese Diced pears Milk Beef bologna and cheese Whole wheat bread Mayo/mustard Carrot sticks Four beef soup ½ Apple	11 Milk Yogurt Whole wheat graham cracker Tropical fruit Milk Stuffed lasagna rolls w/spaghetti sauce Tossed salad Dressing Blueberries	12 Milk Special K ½ Banana Milk Chicken taco with salsa Shredded cheese & lettuce Whole wheat tortilla Corn Mandarin-orange
15 Milk Whole wheat Raisin Bran Apple sauce Milk Chicken Caesar salad Dressing Whole wheat roll Blueberries	16 Milk Whole wheat bagel Cream cheese Blackberries Milk Beef stew w/vegetables Potatoes Whole wheat roll ½ Pear	17 Milk Cream of wheat Strawberries Milk ½ Turkey & cheese sandwich Whole wheat bread Mayo Lettuce Tomato soup ½ Orange	18 Milk Whole wheat English muffin Grapes Milk Beef chili Tossed salad Dressing ½ Kiwi	19 Milk Whole grain oatmeal ½ Banana Milk Chicken teriyaki Whole wheat roll Peas Raspberries
22 Milk Whole wheat English muffin Spread Applesauce Milk Oven fried chicken Whole wheat bread Kale Tangerine	23 Milk Special K Diced peaches Milk Sliced turkey with turkey gravy Green beans Mashed potatoes Whole wheat roll Fruit medley	24 	25 	26 
29 Milk Rice Chex 100% Cranberry juice Milk Chicken Caesar salad Whole wheat roll Croutons Dressing Plum	30 Milk Cheese sticks Whole wheat graham crackers Apple slices Milk Oven baked chicken Brussel sprouts Whole wheat roll Blueberries			

BEAKFAST:	Milk: ¾ cup	Vegetables, fruit or both: ½ cup	Grains: ½ oz eq.
LUNCH:	Milk: ¾ cup	Meat or alt.: 1½ oz	Vegetables: ¼ cup
		Fruit: ¼ cup	Grains: ½ oz eq.

MENU SUBJECT TO CHANGES WITHOUT NOTICE

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LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1 Leche Rice Krispies Pera en cubitos Leche Fideos con salsa de carne Pan integral Ensalada mixta Uvas	2 Leche Galletas integrales Yogurt ½ Plátano Leche Torta de carne de res Pan integral Brócoli Fruta tropical	3 Leche Pan integral con canela y pasas Mantequilla Ciruela Leche Ensalada de pollo Pan integral Palito de apio Sopa de tomate ½ Manzana	4 Leche Palito de queso Galletas integrales 100% Jugo de manzana Leche Albóndigas de pavo con gravy Espárragos Pan integral Pera	5 Leche Rice Krispies Moras Leche Pollo a la bbq con miel Pan integral Elote ½ Naranja
8 Leche Special K Puré de manzana Leche Torta de albóndigas de res en salsa roja con queso parmesano Queso mozarela Ejotes Frambuesas	9 Leche Pan inglés integral Mermelada Durazno en cuadritos Leche Pie de pollo Vegetales mixtos Pan integral ½ Naranja	10 Leche Bagel integral Queso crema Pera en cubitos Leche Mortadela Pan integral Mayo/Mostaza Lechuga Mayo/Mostaza Palitos de zanahoria ½ Manzana	11 Leche Yogurt Galleta integral con canela Fruta tropical Leche Tubos de lasaña rellena con salsa roja Ensalada mixta Aderezo Moras azules	12 Leche Special K ½ Plátano Leche Taco de pollo con salsa Queso y lechuga rallada Tortilla integral Mandarina
15 Leche Raisin Bran integral Puré de manzana Leche Tacos de pollo Arroz integral Ensalada mixta Moras azules	16 Leche Bagel integral Queso crema Moras Leche Estofado de res con vegetales Papas Pan integral ½ Pera	17 Leche Crema de trigo entero Fresas Leche ½ Sandwich de pavo con queso Pan integral Mayonesa Lechuga Sopa de tomate ½ Naranja	18 Leche Panqué inglés integral Uvas Leche Chili de res Arroz integral Ensalada mixta Aderezo ½ Kiwi	18 Leche Avena integral ½ Plátano Leche Pollo teriyaki Pan integral Chícharos Frambuesas
22 Leche Panqué inglés integral Mantequilla Puré de manzana Leche Pollo horneado Pan integral Lechuga rizada Mandarina	23 Leche Special K Durazno en cubitos Leche Rebanada de pavo con gravy Ejotes Puré de papa Ensalada de frutas	24 	25 	26 
29 Leche Rice Chex 100% jugo de arándano Leche Ensalada César Aderezo Pan integral Ciruela	30 Leche Palitos de queso Galletas Graham de trigo integral jugo de manzana Leche Pollo al horno coles de Bruselas Rollo de trigo integral Arándanos			

DESAYUNO:	Leche: ¾ taza	Vegetales, fruta o ambos: ½ taza			Granos: ½ onza eq.
ALMUERZO:	Leche: ¾ taza	Carne o alt.: 1½ onza	Vegetales: ¼ taza	Fruta: ¼ taza	Granos: ½ onza eq.

Menú sujeto a cambios sin previo aviso